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BROADMEAD, COCKEYSVILLE, MD

March, 2014

Survey: 93% of Residents Would Recommend Broadmead

Assisted Living Gets Highest Honors
But Many Findings Stir "Wake-up Call"

By Marcia Reinke

Over 93 percent of our responding residents would recommend Broadmead to a friend or relative, and our Assisted Living program is awarded "Highest Honors" for its level of service.

But Skilled Nursing at Broadmead did not rate so well and our employee satisfaction levels, euphemistically called "areas of opportunity," need improvement.

These were among the findings of a Resident and Employee Satisfaction Survey conducted in the fall and presented to trustees, residents and staff at well attended meetings in late February. The survey, conducted by the Halloran organization of Lancaster, PA, had a 92 percent response from independent-living residents, an 88.9 percent response from Assisted Living and a 73.9 percent response from Skilled Nursing residents or their family members. Of our 241 employees, 220 completed surveys, resulting in a response rate of 91.3 percent.

The survey, according to CEO John Howl, is the first of its kind here in recent years. In his introductory remarks Howl, who came to Broadmead in 2013, said we have had an overall very good opinion of ourselves, but he wanted evidence and information to "put things in perspective," and "allow comparisons with peer groups."

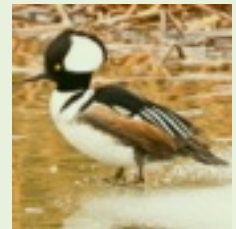
He emphasized that both he and Halloran advocate transparency in regard to "what the scores mean," which findings may serve as

"wake up calls" and how we should determine and prioritize goals. He would like follow-up surveys every year.

Connie Wolfe from Halloran presented the statistics in a series of power-point slides. Broadmead results were compared to what she called the Halloran "benchmark", median scores and percentiles of surveyed peer groups. Her organization has conducted surveys of senior living providers in 42 states and Canada over the past 21 years. Among them are many Maryland CCRCs including the Asbury communities, Buckingham's Choice and Fairhaven, as well as Foulkeways and the Kendal facilities.

Of the 256 communities surveyed, the majority are in the mid-Atlantic, the Northeast, Florida and California. *Continued on Page 14*

The Voice had a wealth of riches this month in choosing a masthead for page one: dozens of February snow scenes, mergansers on Lake Maybe or snowdrops up on the trail north of the Center. The snowdrops won because they remind us that spring may eventually come and because Erroll Hay got covered with mud lying on his stomach to take a picture of the tiny flowers. Daddy Merganser, at right, and his drab spouse, also photographed by Erroll Hay, are pictured on page 20.



BROADMEAD WELCOMES

By Nancy Allchin and Sally Bloomer

(Ursula) Pat Campbell (Mrs Emmett)

R-1; 443-578-8411; January 2014

Pat came to Broadmead from her Loveton Farms condo just up the road during the first week of 2014. Born in Germany she emigrated to the U.S. in 1953 after WWII.

She brought with her an extensive collection of Hummels, the well-known porcelain figurines, which she has prominently displayed in a large china cabinet. These came right from the Goebel manufacturing company in Germany with which her father was associated. Before moving from her native land, Pat studied language arts for two years at a university.

Life in America began in Towson where she worked as an assistant at an

engineering company. She met Emmett here. They raised two both of whom live in the area with

families. Each has a boy and whom are now

By the time Campbells' daughter Holly and Cass graduated high school, Pat developed her long interest in her mother's discouraged interest years, and she attended Towson University where she received her Art and Art History

her professors was Dorothy Fix at Broadmead. Several large quilted appliquéd hangings designed and



EDITORIAL POLICY

THE VOICE is produced by and for the Broadmead Residents Association. It seeks to announce and report on activities at Broadmead and to carry feature articles, essays and poems written by residents and staff, of interest to Broadmead residents, plus material assigned by the editors. As its major goal is to promote a sense of community, THE VOICE does not publish criticism of individuals or of the three organizational bodies that comprise Broadmead (residents, administration and trustees) nor **controversial** opinions about Broadmead affairs as there are established procedures for the resolution of internal problems. THE VOICE does not publish matters of a religious or political nature, except in the context of a lecture report with attribution to the author of the opinion. As a general rule THE VOICE will not publish submissions from outside media due to space limitations and possible copyright problems. All submissions must be signed. The decision of the Editorial Board in regard to publication shall be final. Those submitting articles should retain copies as submissions will not be returned.

We must have all submissions by the 12th of the prior month. As we want articles not to run to more than one page, copy should not exceed 400 words in length. All copy is subject to editing and cutting. All submissions should be typed and, if possible, sent by email attachment to voice@broadmeadra.org, with a hard copy in THE VOICE box opposite the copy machine in the BRA office.

Marta Kaplan

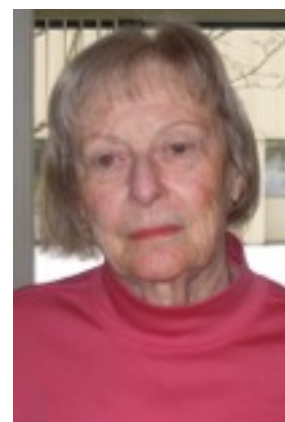
Q-9; 443 689 7171; January 2014

The unusual single-digit temperatures in Baltimore this January did not faze Marta Kaplan, as she arrived at Broadmead from St. Paul, MN.

Although she lived in Minnesota for the last 13 years, near her son's family, she actually spent most of her adult life in Bethesda, MD and the D.C. area.

She graduated from Hunter College in New York, was married and taught in elementary schools for three years. The couple raised two sons and a daughter. As the children grew older she decided to return to the workplace and her eye caught an advertisement in the newspaper for someone to make international travel arrangements for businesses. She was good at this, liked the job and continued for many years as a commercial travel agent and until she retired.

Marta has a daughter in Pikesville and a son in D.C., as well as her son in St. Paul.



Barn Sale....

Beehive of Activity Heralds Annual Rite of Spring

Story and photos by Penny Partlow

Broadmead awaits its much anticipated rite of spring, the Barn Sale, scheduled this year for Friday and Saturday, April 4 and 5.

Preparations for the sale days went into high gear when the committee, consisting of department heads under the direction of Anne Minkowski assisted by Sita Smith and treasurer Donna Smith, met February 20 to go over the budget prepared for them by the BRA Finance Committee and to discuss means to meet the goal for spring 2014.

Clothing, furniture, crystal, appliances, linen, kitchenware, jewelry, shoes and baskets have been accumulating, and in some cases overflowing, in the barn sale rooms. Ben Villalobos and his crew, Lyman Anderson and Lee Fleishman, put electronics, lamps and appliances in good working order. Elaine McDonald is up to her elbows in soapsuds as she cleans crystal and china. Virginia Goodkind patiently irons tea towels and pillowcases.

Bernie and Kitty Anderson search for more space to store chairs and tables. They will be selling furniture on Thursday, April 3 from 2 to 6 p.m. to residents and employees only, as a special event. Furniture left over after the Saturday sale is donated to local charities like St. Vincent de Paul or the Salvation Army so the Andersons can start over with an empty storage space for next autumn.

Physical setup for the sale is a major undertaking carried out by professional moving men, who completely empty the lounge, auditorium, lower level and side rooms and set



Nancy Boyce and Suzanne Crowder model jewelry table items

up tables and racks for goods display. Early Wednesday morning, April 2, Broadmead's maintenance staff will deliver all sale items to designated areas, after which they will be treated to breakfast in the Arbor Café, while residents unpack and arrange the sale merchandise.

Department heads solicit their own cashiers and salespeople who work in shifts. Meanwhile, Anne, Sita and Donna are at the helm of this beehive of activity, available to solve problems and offer suggestions to keep Broadmead's major fundraiser moving smoothly. The happy faces of buyers who have found treasures and the addition of significant funds to BRA's treasury are the reward for the dedication of resident volunteers and staff.



At left, Elaine McDonald prepares the china display. At center, Lyman Anderson, Don Smyth and Lee Fleishman check that appliance sale items work. At right, Kitty and Bernie Anderson will be managing the furniture sale.

Adventures in Learning

Initial Food Lectures Focus on History and Antibiotics

By Jackie Mintz

(Two of a four-lecture winter series)

Food, Unlike Sex, Is a Necessity of Life

The various aspects of food, ranging from cooking and ritual to the domestication of plants and animals, were explored by Broadmead resident Sidney Mintz, anthropology professor emeritus at Johns Hopkins University. His was the first in a four-lecture winter series presented by the Residents Association's Adventures in Learning program.

Unlike the sexual drive, which can be wholly repressed for life, the hunger drive surges inescapably every few hours. If denied, the individual soon dies, Mintz pointed out. In discussing hunger, Mintz referred to the famed Ancel Keys starvation experiment of 1944-1945, and the roles Broadmead residents Marshall Sutton and the late Sam Legg played in that research.

On food and ritual, he noted the powerful symbolic communication food provides humans. Phenomena such as the communion wafer or the rice thrown at weddings are merely custom, if we fail to understand the symbolic meaning.

"If you think that a T-bone steak sends the same message as, say, a glass of carrot juice, then my comments cannot possibly help you," he said.

Two defining events in human cultural history were cooking and the domestication of plants and animals. According to Mintz, cooking, perhaps more dramatically than anything else, distinguishes human beings from other animals. An invented historical skill, it emerged when people learned how to

control fire, possibly as many as 400-600 thousand years ago. Cooking had an enormous impact on human diet. It made inedible plants edible and it stimulated the idea of preservation.

Man's domestication of plants and animals resulted in a hugely improved food supply and settled life, and irreversibly changed how human societies would grow thereafter.

Antibiotics in Food Seriously Threaten Human Health

The industrialized production of food may be required to feed the world, but it desperately needs reform as current antibiotic use seriously threatens human health.

At the second lecture in the Adventures in Learning series, Ellen Silbergeld, professor of Environmental Health Science at the Johns Hopkins Bloomberg School of Public Health, spoke on the industrialized animal production process currently typical of U.S. corporate poultry and swine producers.

She made clear that the farmers themselves are not to blame but are simply following industrial practices specified by their contracts. But, she declared, the environmental costs are too high to justify these practices.

Particularly perilous is the excessive feeding to the animals of antibiotics which has led to the growth of bacteria resistant to existing antibiotic drugs.

Eighty percent of antibiotic drugs are used in animal feed and 12 percent are given to people. The rest are used primarily in veterinary medicine for pets.



← Food Lectures *continued*

Antibiotic resistance is considered by both the World Health Organization and the Centers for Disease Control (CDC)) to be the most serious threat to human health. Drug resistant *staphylococcus aureus* is now the leading cause of infection and death in the United States. Human communities are exposed to these pathogens, not only by eating the produce, but also through the unregulated release of the pathogens from farm factories into the air and water.

The main problem, Silbergeld contends, is that agriculture is not considered an industry and hence its practices are not regulated. Much of the problem could be dealt with if agriculture were labeled an industry. The response of industry, government and the public is blind and/or weak.

Industry denies there is a problem. Government responses are inadequate. The Food and Drug Administration says "please don't use these drugs," claims it does not have enough information to demand more yet resists laws to give it more. The Environmental Protection Agency and the U.S. Department of Agriculture say it is "not our job." Only CDC, which until last year said it was not a major problem, has recognized it in its 2013 report, *Antibiotic Resistance Threats in the U.S.*

Finally, we the public are divided. Some say "we don't eat that stuff." Others say the current model is not sustainable and must be replaced. Silbergeld argues that will not happen soon and meanwhile the practice is spreading throughout the world. Another group, including England's Prince Charles, states that intensive food production is not necessary and dismisses higher prices as a non-issue. In Silbergeld's view, the current model must be reformed but it is the only one that can feed the world. No other system is economically viable.

Camera Club Meeting
Monday, March 17
10:30 a.m. Auditorium

Bunky's Maine Garden



David Michener, son of Broadmead's John Michener, is shown here presenting a booklet of 16 photographs taken years ago of a garden known as Little Orchard, in Northeast Harbor, Maine, to Suzanne "Bunky" Hopkins who still summers there.

David, curator of the botanic garden at the University of Michigan, originally included a picture of the garden in a lecture here last year on international gardens that he considered special, without knowing its relationship to Bunky and to her surprise.

Back to talk this time on "The Unexpected Future of Heritage Peonies", David prepared the booklet as a gift to a delighted Bunky. The garden was the property of her mother-in-law Mrs. D. Luke Hopkins in a location which has hosted not only Hopkins family homes but also a post office and a tea shop. Bunky had recognized the garden initially last year upon seeing a familiar medallion on the garden wall. *Photo by Erroll Hay*

Psychiatrist Describes First Steps Toward Getting Someone Psychiatric Help

By Frank Iber, M.D.

The tough first steps in convincing someone to get psychiatric help were explored in a well-illustrated and orderly presentation sponsored by the Residents Association Health Care Committee. The talk emphasized the benefit of early intervention and strategies to achieve the goal of an initial visit to a professional.

Close to 25 percent of Americans will have a mental illness in their lifetime, said Psychiatrist Mark S. Komrad. And at least 60 percent of those would be markedly improved with intervention.

Mental illness still is a stigma to the patient. High costs, prolonged delay before benefit is experienced and widespread reluctance to speak about mental illness are further impediments. But current diagnosis, prognosis and treatment have been much improved for all forms of mental illness and this good news is to be emphasized, he said.

Effective intervention is best carried out by those who have first-hand experience with the symptoms, most commonly family, the family doctor, employers or close friends. According to Dr. Komrad, contact should be initiated face to face, usually one on one. Alarming symptoms, such as poor work production, use of alcohol or drugs, or abruptly changed biology or behavior should be presented. And following the usual resulting denial, the patient should be reassured of continuing love and respect and the desire to restore him to his "old good self."

The goal being an initial consultation, emphasis should be on the benefit for the accuser as well as the patient. Subsequent visits and treatment are the responsibility of the psychiatrist, he said.

Dr. Komrad advised overcoming some obstacles such as making, and even paying for, the first appointment. If the accuser has had a mental health problem, sharing this experience is helpful. Anger and guilt will be prominently displayed most of the time, but the discussor must remain calm.

If persuasion fails, coercion is appropriate in many circumstances, he said. An adult child, subsidized by a parent may be offered a choice between attending the appointment or losing payment of a cell phone bill, or a similar coercive measure.

It's been reported that 95 percent of those coerced into an initial appointment continue in therapy, he said. In extreme cases where life or limb is threatened, legal means of enforcing treatment exist (involuntary commitment), but are a last resort.

Violence due to mental illness occurs in only two percent of those with mental illness. In contrast, suicide is 10 to 20 times more frequent in those with mental illness.

Categories of mental illness include major genetic or biochemical changes such as Alzheimers, depression and schizophrenia. In addition there are learned behaviors such as anorexia or addiction; adaptability problems such as personality disorders; and life experience problems such as post traumatic stress disorder. Effective treatments now exist for nearly all of these.

Geography Quiz



This Broadmead clock is in plain sight almost every day. But do you know where it is? Answer is upside down at bottom of page 9. Photo by Erroll Hay

Cokey Rienhoff Honored At Garden Club Event Here

By Dosia Laeyendecker Photos by Erroll Hay

Broadmead resident Kathryn "Cokey"

Rienhoff was awarded Judge Emeritus status by the Garden Club of America at a special meeting of the St. George's Garden Club held just prior to Valentine's Day here.

The award is a national recognition of Cokey as a superb flower arranger and long time judge in flower shows. Some 25 members of the St. George's club plus a number of residents attended the event which also included a presentation by Kathy Phillips on the intricacies of preparing for a coming flower show with the theme "Earth, Wind, Fire and Water."

Phillips provided approaches plus technical and clever tips for the various categories of arrangements to be made. She demonstrated how to attach flowers to a metal frame (hide a little magnet inside the flower), how to handle an underwater arrangement (tie a flower to a rock) and how to make a miniature arrangement out of staples. She also talked generally about the expectations of today's judges.

Although Broadmead arrangers need not deal with judges, many were inspired to try something new and bold, so beware. Following the program those attending were invited to make their own small arrangements, many of which were given as Valentines to friends..



Cokey with Judge Emeritus Award

Ruth Williams makes a Valentine of flowers



Sally Robinson and Sally Weinman show off their heart and flower arrangements above, while Anne Minkowski, at right, works with an array of greens, tulips and other spring blossoms.



Broadmead Residents Attend Annapolis Hearing

Ask General Assembly to Support Actuarial Studies

By Alma Smith, MaCCRA Secretary

Over 75 MaCCRA (Maryland Continuing Care Residents Association) chapter members, including 11 from Broadmead, gathered in the Baltimore County Delegation Room in Annapolis February 11 to lobby for passage of consumer protection legislation requiring retirement community actuarial studies.

The cross-filed bills, SB276 filed by Senator Delores Kelley in the Senate, and HB271, filed by Delegate Eric Bromwell in the House, are entitled *Continuing Care Retirement Communities – Continuing Care Agreements-Actuarial Studies*. Broadmead's Dr. Jonas Rappeport, president of the state association, testified before the Senate Finance Committee the day SB276 was introduced, and again on February 11, before the House Committee on Health and Government Operations.

Also testifying from MaCCRA were Legislative Chair Sam Keiter from Buckingham's Choice in Buckeystown and Gerri Gray from Oakcrest in Parkville. Testifying in opposition were speakers from LifeSpan and LeadingAge, representing providers.

The proposed legislation would require all Type C facilities (those with fee-for-service contracts only) to conduct an actuarial study, reviewed by a qualified actuary and submitted to the Department on Aging every five years.

Current law already requires Type A and Type B facilities to conduct and submit actuarial studies every three years, while Type C facilities must provide such studies only when they break ground.

Although Broadmead, as a Type A facility, would not be affected by the new law, it has joined with MaCCRA in seeking protection for the plurality of seniors who sign Type C contracts, often putting a lifetime of savings in jeopardy. CCRCs offering Type C contracts have substantial long-term liabilities including, but not limited to, large refunds owed when a resident dies or moves out of a community.

MaCCRA argues that the costs of actuarial studies are nominal compared to the financial turmoil of a CCRC bankruptcy and the overwhelming benefits of ensuring the security, health and well-being of Type C residents. Bankruptcies reflect on all retirement communities regardless of contract type, MaCCRA believes..

Welcoming the MaCCRA representatives in Annapolis were MaCCRA lobbyist Barbara Brocato, Marty Roach from the Maryland Department of Aging, Senator Kelley and Delegate Bromwell plus 11 state legislators.

Kelley, Bromwell and Roach urged members to continue contact with legislators in support of these bills.

Broadmead residents shared a bus with the Blakehurst delegation en route to Annapolis. Attending from Broadmead were state officers Rappeport and Alma Smith, plus Sally Bloomer, Phyllis Erickson, Park Espenschade, Bob Fetter, Bob and Elborg Forster, Carol McCord, Dorothy Sinclair and Don Smyth.

The MaCCRA Annual Meeting this year will be hosted by Riderwood Village in Silver Spring on May 24.

In Memoriam

Claire Eckles

January 8, 1922 January 21, 2014

Mary Nichols

April 12, 1926 February 3, 2014

Know Your Neighbors

Wear Name Tags
March 1, 2 and 3

Loyola Professor Delivers Sermon on Peace

By Robert Forster

With the commitment and sermonizing style of her Baptist-preacher father, Kay Whitehead, Professor of Communications and African-American Studies at Loyola University, delivered a plea for non-violence in the streets of our cities and in our foreign policy.

What Professor Whitehead may have lacked in detailed analysis of the tactics of non-violent resistance to foreign threats, she made up for with her passionate exposé of parental and community failures to educate our children to work for peace and social justice at home and abroad.

Speaking at a recent Open Forum here, Whitehead deplored the effects of violent television on children, the replacement of parental engagement with Ipads and other technological "toys," and the failure of parents, schools and media to teach the values of compromise and accommodation.

This failure is felt at all levels of our lives, from the playground, video games and the magazines we read to our frequent resort to military intervention abroad, from Vietnam to Iraq and Afghanistan, she said.



Because President Obama's threat to bomb Damascus was to her especially upsetting, she has been writing regularly to the President (without response so far), stressing the need to address violence at home before threatening to use it abroad. Her heroes in history include Jesus, Ghandi, Tolstoy, Mandela and King.

Whitehead's commitment was so patent that the audience seemed reluctant to raise questions that are often raised about the effectiveness of pacifism in foreign relations. Her case for "peace and justice" in our cities was much less controversial.

Before becoming a professor, Whitehead taught middle school in inner city Baltimore where, despite severe overcrowding, she said 85 percent of her students were admitted to college.

Adventures in Learning

Wednesday, March 12

10:30 a.m. Auditorium

Robert Lawrence

Johns Hopkins School of Public Health
Food Security, Water Scarcity and the Right to Health

Open Forum

7 p.m. Auditorium

Thursday, March 6

The Iran Nuclear Threat

Steven David

Professor, Political Science
Johns Hopkins University

Thursday, March 20

Sugar: History's Sweet Red Thread

Sydney Mintz (Broadmead Resident)

Professor of Anthropology Emeritus
Johns Hopkins University

Bird and Nature Group

Friday, March 28

1:30 p.m. Fireplace Room

*Answer to the Geography Quiz:
The clock is located on the door
of the Corner Cupboard*

Poker Players Get French History Lesson

by Elborg Forster

A bunch of Broadmead guys plays a friendly, low-stakes game of poker once a month at Holly House. But one recent evening, a deck of cards was brought into play that did not fit in. All the players but one were nonplussed.

The symbols were there – Spades, Hearts, Diamonds, Clubs – in red and in black. Also the numbers, one to 10. But the pictures? Replacing the kings were *Philosophes* complete with their French names: Voltaire, J.J. Rousseau, Molière, La Fontaine. No Queens either, but a group of *Vertus*: Prudence, Justice, Temperance, Force. Replacing Jacks, were soldiers representing different military units: *Sans Culottes*, *Artilleurs*, *Fusilliers*, *Garde Nationale*. And all of this in French.

Looking around, the poker players speculated that the cards were brought in by the "Professor," (aka Dr. Robert Forster, a Hopkins emeritus professor of French History) who readily confessed.

"So come on, Professor," one said. "Tell us what this is all about, but try to do it in less than an hour."

So the culprit explained that when the French Revolution changed the French regime from a monarchy to a republic, executing the king in the process, royalty became anathema, and its memory was to be wiped from people's minds. Hence philosophers instead of kings, and the Virtues instead of Queens, republican soldiers instead of "valets."

Changing the playing cards was only part of the revolutionary campaign to make the French people forget the old regime, he said. A new era started with Year One (1792), when a new calendar was put into place and even the names of the months were changed.

Droning on, he explained that aristocratic titles were abolished, and everyone was to be addressed as "Citizen" or "Citizeness." The

Christian religion too was abolished and rather unsuccessful efforts were made to replace it with a "Cult of Reason."

Interrupting what might have been a full-blown lecture, a brave player said: "Well, thank you, professor, this is very interesting, but Revolution or no Revolution, we must start our game."

"We are certainly glad, however, to hear of the staying power of playing cards."

BRA Health Care Committee Lecture

Monday, March 24

10:30 a.m. Auditorium

New Directions in Dementia Care

Christopher Marano, M.D.

Memory and Alzheimer's

Treatment Center

Johns Hopkins Medical Center

The Broadmead Play Readers

will present

Intermission

by John De Prine

(Broadmead Resident)

Wednesday, March 5, 7 p.m.

Auditorium

Produced by Charles and Anne Lee

Directed by Bob Gist

Cast

Helen

Susie Fetter

Harriet

Anne Lee

Dottie

Alma Smith

Zach

Jonas Rappeport

Sally Davis

Betsy Walser

Teddy Desmond

Jim Crowder

Maude Habersham

Sally Bloomer

Gretel Hendrix

Suzanne Crowder

Dexter Fulsome

Charles Lee



Despite several program changes and two substitute musicians, the Mark Meadows Jazz Sextet provided an evening of 20th Century popular music including favorites by Cole Porter, Irving Berlin and Dizzy Gillespie, plus My Funny Valentine by Rodgers and Hart. Sextet regulars are Russell McCray, alto sax; Samir Moulay, guitar, Steve Synk, bass, Ele Rubenstein, drums, Irene Jalenti vocal and Mark Meadows piano. The program was sponsored by the Residents Association.

Photo by Erroll Hay

I Was a Teen Age Alien

By Sibylle Ehrlich

I was 15 when America entered World War II, a sophomore in a girls' school located in the bucolic foothills of the Green Mountains.

Since I was not yet an American citizen, I was classified as "Enemy Alien", an ironic situation, since my family and I had had to leave Nazi Germany. So this rather frightened 15-year old Enemy Alien went to the U.S. post office in the little town of East Northfield, Massachusetts, to be duly photographed and fingerprinted.

My new ID showed a timid girl, whose official residence was now East Northfield. And this meant that I needed permission from the U.S. government to go home to my parents in New York. I sent my request to Washington and hoped that it would be approved in time for me to travel home. That worked well for spring and summer vacations, but in the spring of my junior year, the permission did not arrive. I waved "good bye" to my classmates at the train station and wondered where and how I would spend my vacation.

Mercifully, the headmistress, aware of my situation, invited me to her home for lunch, told me she had rented a room in town for me

and that I could come to her house for meals. After I had called my parents, I remembered that some of my classmates lived in town. So we had a pleasant afternoon together.

The permission from Washington arrived the following day and I could take the next train home. After that experience I changed my official residence to my home in New York.

Ruth Schnering Memorial Sing

with Jonathan Jensen
and Andrea Cooper

Saturday, March 15, 1:30 p.m.

The Lounge
Refreshments to follow

Broadmead Residents Association Concert Series

Wednesday, March 26
7 p.m. Auditorium and Lounge

Harmonious Blacksmith

Early Music Ensemble

BROADMEAD BRIEFS...

A reporter for the BBC came to Broadmead recently to interview **Marshall Sutton** in connection with a British radio program dealing with the starvation experiment in which he and 35 other conscientious objectors participated during World War II. Present during the interview was resident **Jackie Mintz**, whose husband **Sid Mintz** talked briefly about the Ancel Keys program, which provided needed information about how to treat the starving after the war at a recent Adventures in Learning event. (See page 4) The April 2013 issue of *The Voice* had a front-page story about Marshall and the experiment written by Sally Bloomer.

All clothing for the **April Barn Sale** must be donated by March 14

The Barn Sale's **jewelry department**, entitled 'Baubles, Bangles and Beads,' still needs jewelry for the April 4 and 5 sale. Those with donations may contact **Nancy Boyce** at 443-578-8327 or **Suzanne Crowder** at 443-578-8273.

Advance Barn Sale **furniture department** sales , for residents and employees only, will be held Wednesdays March 5 and 19, noon to 2 p.m. in the lower level back hallway, and Thursday, April 3, 2-6 p.m.

Mike Bielefeld, P-10 has agreed to take over the arrangements for the monthly **Let's Dance** programs, formerly organized by the late Ted Wilson.

Elborg Forster's bird story on Page 18 might have benefitted from a picture, we thought, but when *Voice* photographer **Erroll Hay** ventured with camera down to Lake Maybe he found only large numbers of Canada geese. Erroll refused to photograph the blankety-blank pests, fearing that the appearance of a photographer would encourage them to stay.

More residents are taking advantage of **Broadmead's vaccination program**. According to a survey of medical records the percentage of annual influenza vaccinations

increased from 69.8 in 2012 to 85.5 in 2013. The percentage of those who've been vaccinated for pneumonia (once over 65 years of age) has jumped from 79.3 to 90.1. Protection against shingles is up from 61.6 percent to 71 percent. Residents up-to-date on their tetanus shots has increased from 59.9 to 87.3 percent.

"**Frenchness**" arrived in Taylor Hall recently as **Bob Forster** delighted residents with a talk on French culture featuring such diverse items as the French Revolution and proper conversation at the dinner table. (We wonder whether he showed off his special playing cards. See page 10.) Taylor residents have also been treated recently by **Erroll Hay** to a Central American photo-travelog and a Valentine's party provided by staff. Taylor also has a new activity featuring breakfast at dinnertime, complete with special music.

Save the Date. Broadmead's annual vendor-sponsored Indoor Miniature Golf Tournament has been scheduled for Friday, April 25. Yet to be determined is how proceeds are to be spent. Possibilities, on which residents are asked to vote, include a putting green, rose garden, playground, Holly House upgrades or a green roof bird sanctuary.

The Voice is told on what we hope is good authority that the new one-and-only emergency number, 410-527-1900 will really, really be operable March 3.

Moving Around Broadmead

	From	To
Ann Stein	C-16	T-314



Let's Dance

Monday, March 10
7 p.m. Lounge

Everyone welcome

Resident Sid Mintz Talks to Saturday Men's Group

By Park Espenschade

Combining his interests in food and anthropology, Sid Mintz, the featured speaker at a recent Saturday Men's Social, shared his experiences in Puerto Rico, Jamaica and Haiti.

The fourth child and only son of a Russian immigrant family, he grew up in Dover, New Jersey, attended Brooklyn College in New York City and spent 1943-1946 in the Army Air Forces.

After moving on to Yale in 1951, he spent the next 25 years in New Haven. Leaving Yale, he joined the nascent department of anthropology at Johns Hopkins. His time there has been divided between teaching and field work.

He spent 18 months in Puerto Rico studying sugar cane workers on a U.S. owned plantation. He learned Spanish in the process.

His next stop was Jamaica to study a peasant family whose father had to walk 11 miles to work his fields and 11 miles in the opposite direction for his second job at the seashore.

Jamaican slaves were officially emancipated in 1834 but the plantation owners convinced the British Parliament to delay implementation for an additional four years.

Sid closed his remarks with observations about Haiti where he spent considerable time in the markets studying the dynamics of the women running the stalls. He discovered that these totally illiterate women, whose only knowledge was numbers, possessed an amazing grasp of economics.

Sid's assessment of present day Haiti is bleak. Violence has been intertwined with its history ever since winning a bloody and vicious struggle to free itself from French rule in the late 18th and early 19th centuries

Its poverty today contrasts with its ability to pay off completely, in gold, a huge indemnity to France after it had gained independence.

Learning Braille



"By the time I learn this, I may not be around," said Carolyn Whittington as she intently examined a Braille cell during instruction on how to read the language for the blind. Encouraged by two teachers plus Broadmead bus driver Bill Monks and resident Suzanne Crowder, Carolyn is working here with six golf balls representing Braille perforations. Carolyn arranged for the resident trip to the Blind Industries and Services of Maryland facility, which covers five football fields on Washington Boulevard in Lansdowne. Broadmead participants attended three workshops showing how the vision impaired can function independently. Demonstrated were letter writing by using a stencil to guide the writer along evenly spaced lines, a battery-operated microphone which recorded a label marked in Braille, plus talking computers. Blind Industries hosts daily support groups, often taught by blind instructors. Many of the blind or low vision attendees have learned to use public transportation. Venues in Baltimore that offer audio description include Center Stage and, the Everyman and Hippodrome Theaters.

Story and photo by Sally Bloomer

← Survey from Page One

Among independent-living respondents, 91.5 percent rated their overall satisfaction with Broadmead as excellent (44.7%) or good (46.8%). There were five answer categories in all, excellent, good, average, poor or very poor. Independent residents answered "yes" 93.9 percent of the time when there was one choice between "yes they would recommend Broadmead" or "no".

Rating above the Halloran benchmark are Broadmead's responsible management of funds, assurance of care if a resident's money is depleted, quality of medical and outpatient health care, quality of pharmacy services and opportunities to engage in a variety of resident activities. Found lacking are the quality of care in skilled nursing; daily living (dealing primarily with staff, maintenance, security and transportation); the quality of housekeeping services and parking. Food Service complaints included the training of waitstaff, accommodation of special dietary requests and temperature of food.

In Assisted Living 100 percent of the residents said their overall satisfaction with Broadmead was excellent (52.2%) or good (47.8%). Rating above the Halloran benchmark is "confidence in the primary care physician provided by Broadmead". The only item below benchmark is the quality of transportation services. "Areas of opportunity" include orientation and understanding criteria for transition between levels of care. Also questioned were the effectiveness and quality of rehabilitation services, transportation and housekeeping (again) and the quality of food and snacks.

Of the skilled nursing surveys, 32 were answered by families and two by residents, which Halloran's Wolfe said is not an unusual proportion in that level of care. Here only 55.9 percent expressed an overall satisfaction with

Broadmead (excellent, 26.5%, and good, 29.4%). A total of 35.3 percent said their satisfaction was average and 8.8 percent poor. These scores are well below the Halloran benchmark. Strengths were the availability of resident activities. Problems included understanding transition criteria, staff understanding of the patient's medical plan, confidence in emergency response, the quality of skilled nursing care, responsiveness to daily needs, laundry service and the appeal of resident rooms.

Broadmead employees responded to the survey at a much higher rate than the Halloran benchmark, 91.3 percent compared to 78.3 percent. Although this survey sorted the respondents by age, gender, years of service, shift, salaried or hourly, part time or full time, Halloran did not provide a demographic analysis.

Overall 69 percent of the employees said they were satisfied with their jobs, 28.8 percent strongly agreeing and 40.2 percent agreeing.

Almost 75 percent said they were proud to work for Broadmead, 40.6 percent strongly agreeing and 34.1 percent agreeing. Over 80 percent said they felt they personally made a difference here, 53 percent strongly agreeing and 27.6 percent agreeing. Most of these figures are below the Halloran benchmark.

"Areas of opportunity" include management decision-making and policies, handling of promotions, understandable job descriptions, work/life balancing, appreciation, fairness of treatment, communication, training, wages and benefit plans.

In closing Howl said the survey results yielded many surprises, "but we now have something measurable, a baseline from which to start." He added that these results will "not be put on the shelf," that they will be used in setting goals and establishing priorities.



Connie Wolfe

McDaniel Professor Examines Islamists in the Crosshairs

By Marj Espenschade

Photo by Erroll Hay

A timely comparison of how the "Arab Spring" and Islam differ in Tunisia and Egypt was presented by Morocco native Anouar Boukhars at a recent Open Forum sponsored jointly with Broadmead's Great Decisions group, which recently studied Islamists in the North African Maghreb.

In Egypt, Dr. Boukhars said, the Muslim Brotherhood had for 85 years provided efficient community service for 40 percent of Egypt's 88 million people. But after being relentlessly suppressed and having no legitimate political experience, the Brotherhood moved too quickly and threatened corrupt, organized powers such as the army. Unable immediately to provide more community services, "jobs, dignity and bread," Brotherhood President Morsi was removed by an army coup with cheers from the people who had just elected him, he said.

Now labeled terrorists, Brotherhood leaders are being jailed and assassinated, and members of the Brotherhood who previously disavowed violence are being radicalized. With tourists and investors fleeing, Egypt faces economic ruin, Boukhars said.

Dr. Boukhars, an associate professor at McDaniel College in Westminster, participates in the Carnegie Endowment for International Peace and advises U.S. government agencies.

The Muslim Brotherhood might have survived if they had tried to reassure and protect minorities such as the Copts and shared power with the powerful business, police and the army elite. When street people turned against the Brotherhood, the secularists and army joined in.



Referred to as "The New Pharaoh" by Dr. Boukhars, General Sisi now runs the show and will be running for president. Since Morsi's fall, Saudi Arabia has pumped \$10 billion into Egypt because, Dr. Boukhars believes, Saudi Arabia doesn't want democracy to succeed.

In contrast, Tunisia is a country of 10 million ethnically homogeneous Sunni Muslims with an apolitical army. Although it experiences some Islamist-secular tension with the rise of conservative Salafism, the Ennahda party has been a powerful force since November, 2011.

Until elections Tunisia will be run by a caretaker government of technocrats.

After two political assassinations, polarized groups, who hated each other but wanted to avoid Egypt-like chaos, decided to talk with one another and hammered out a compromise Constitution, a liberal document with many rights for women and children. Now women must make up to 50 percent of the elected offices including Parliament.

Tunisia has many challenges especially in the marginalized border areas, Boukhars said. No matter who is in power, these areas have many radicalized youth. After Tunisia ratified its Constitution, the International Monetary Fund awarded the country \$500 million as seed money in the hope that investors will return to set up industries and jobs and the state will deliver on education.

Monday Book Group

Auditorium, Mondays 10:30 a.m.

March 3 *That Old Cape Magic*

by Richard Russo

April 7 *And the Mountains Echoed*

by Khalid Hosseini

Books may be obtained from the
BRA Office, behind the door

"Peripatetic" Priest Experienced Changes in Episcopal Church

By Park Espenschade

To describe new resident Bob Daly as a retired Episcopal priest is perhaps a misnomer as he continues to perform his priestly office as a supply pastor.

Speaking recently to the Saturday Men's Social group, Bob said he was born in Baltimore, attended various local schools and worked part time for F.A. Davis before enrolling at Johns Hopkins. He received financial support for his studies from his church family for whom he had begun a lifetime of dedicated service by teaching Sunday School, serving as an acolyte, leading a youth program and overseeing a church summer camp.

Drafted into the Army, he found himself at Fort Jackson, SC, only to return to Fort Holabird in East Baltimore. When once again a civilian he worked six years for BG&E before finally getting his B.S. from Hopkins in 1966.

His second career followed completion of seminary training, also underwritten by scholarship funding. In 1967 he married Anne whom he had met initially while working for BG&E. Apparently tired of waiting, she put the question to him. Two children and four grandchildren followed.

Bob summed up his life since then with one word, "peripatetic." His life's work has taken him to Cambridge, MA, Norwich, CT, Hancock, Frederick and Chevy Chase in Maryland, England and Israel. He spent the 20 years prior to retirement as rector of Messiah Episcopal Church here in Greater Baltimore.

While in Hancock, he brought the church altar away from the back wall and replaced it with a table, a key maneuver in the new liturgical movement. Two years later the table left with him. Bob said he's seen it all: the ordination of women, the ordination of gays and lesbians, the revisions to the Book of Common Prayer and the conservative schismatic movement to Anglicanism.

Broadmead Writers Group
Fridays 4 p.m. Fireplace Room

Good Bye and Good Luck



Chuck Warnke, 36, Broadmead's popular speech therapist, said good-bye to Phyllis Erickson, left, and Sally Weinman last month to enter private practice. His wife expects their second child this summer. Jody Tromble, Director of Wellness, will continue the Brain Aerobics class Chuck started to exercise our minds, just the way we exercise the rest of our bodies.

Story and photo by Nancy Boyce

Newly Arrived Resident

John Benson

L-8

Corner Cupboard

Monday, Tuesday, Thursday, Friday
10 a.m -12:30 p.m. 1:30. - 4:30 p.m.
Orders may be placed Monday thru Friday
443-578-8075

Country Store

Monday to Friday
10 a.m. - 2 p.m.
Saturday: 11 a.m. - 1 p.m.

New Library Computer System Installed



Shown here is the new computer in the main floor library. A second one is located in the Seminar Room.

Photo by Erroll Hay

By Bernie Anderson

Residents may have noticed two computers installed some time ago in the Center, one in the Library on the main floor and the other in the Seminar room.

Although the complete Broadmead library is not yet on the system, these computers are now available to help residents find biographies, large print editions and fiction.

Agnes Visy, our resident librarian, says that 50 percent of our books, or 5,000 titles, have been converted into **MARC (MAchine Readable Cataloging)** records, and she continues to work to complete the job sometime in the future.

The new system's backbone is software called **OPALS (OPen-source Automated Library System)**. It enables Agnes to access the Library of Congress data base and enter the proper catalog information. The Residents Association pays a modest annual subscription fee for use of OPALS.

Both computers are dedicated to the OPALS system and are available for residents to experiment. The system may

also be accessed from home computers via the internet. The address is <http://bm.ind.opalsinfo.net>. It may also be found via the Broadmead Residents web site: www.broadmeadra.org. Click on "BRA Library" in the upper left, then click on "HERE", under the picture. Both methods take you to the Broadmead Library home page, where you may search by author, title, subject and several other means.

Basic instructions can be found by the computers. However, residents are encouraged to experiment and become comfortable with their use. Eventually, Agnes will be offering training sessions.

The online data base when complete will replace the card catalog. New acquisitions are now entered **only** into the OPALS system. Therefore the old card catalog no longer accurately reflects all the library's holdings.

Until all books are completely entered into the system, residents looking for a specific book may need to look in both places.

Religion at Broadmead

Friends Meeting for Worship

Sundays at 11 a.m.
Stony Run Board Room

Vespers

3rd Sunday every month
4:30 p.m. Lounge
March 16

The Rev. Carl Greenawald
Retired Chaplain
University of Maryland Hospitals

Bible Study

Tuesdays at 10 a.m.
Fireplace Room
(sponsored by Brown Memorial
Woodbrook Presbyterian Church)

Episcopal Communion

1st Wednesday every month
10:30 a.m. Holly Terrace

Catholic Mass

2nd Wednesday every month
10 a.m. Holly Terrace

The Gathering

Faith Related Topics
3rd Wednesday every month
10:30 a.m. Auditorium
(sponsored by the Episcopal Church
of the Redeemer and Brown Memorial
Park Avenue Presbyterian Church)

Let's Sing

with Jonathan Jensen

at the piano
Monday, March 17
7 p.m. Lounge

Open Water and Holly Berries Attracting Unusual Birds

By Elborg Forster

On a recent bitter cold day, an attentive resident saw a large flock of white birds circling above our campus.

"Egrets", she thought hopefully. Not quite. They turned out to be seagulls.

To the resident's surprise they landed on Lake Maybe and proceeded to drink the water, which was not covered by an icy crust, thanks to the fountain in the middle.

We hardly ever see seagulls here and can only surmise that they must have looked for water elsewhere without finding it. Being nice to the birds may be a good reason to keep the fountain going in the winter.

Perhaps the availability of water is also the reason why huge flocks of robins have been flying in tight clusters between tall trees in various parts of the campus. It is also possible that the robins have landed here because of the abundance of holly trees with their masses of red berries. The fact that following the severe frosts the holly trees are stripped of berries seems to corroborate this theory.

In any case, it is always fascinating to see flocks of robins fly, swerve and wheel as one body. The same is true of the blackbirds – or are they starlings? – that were on campus in large numbers.

And, of course, our turkey vultures remain in residence. *The Voice* has run several stories about these creatures in recent years, so we will only say that they fly as individuals high up in the sky, taking advantage of air currents and updrafts.

No one has ever seen them drinking out of Lake Maybe.

Men's Saturday Social Hour

9:30 a.m. Lounge/Auditorium

March 15: Cartan Kraft

March 22: Ross Jones

Coffee - Tea - Doughnuts
Wear your name tags



Broadmead Movies

Auditorium at 7 p.m.

Tuesday movies selected by Elborg and Bob Forster
Saturday movies by John De Prine and Bob Gist

Saturday, March 1 Captain Phillips (Tom Hanks)

Hanks portrays Captain Phillips who was taken hostage by Somali pirates after they had hijacked his cargo ship. This film is based on true events.
2012 PG 134 minutes

Tuesday, March 4 Far from the Madding Crowd

(Julie Christie, Alan Bates, Peter Finch)
Adaptation of Thomas Hardy's classic novel about a farm girl pursued by three very different men.
1967 NR 171 minutes

Saturday, March 8 Last Chance Harvey (Dustin Hoffman, Emma Thompson)

Hoffman plays a struggling jingle writer who risks losing his job to attend his daughter's wedding in London, only to discover he is not exactly welcome.
2008 PG 93 minutes

Tuesday, March 11 Death of a Salesman (Dustin Hoffman)

A heart-rending portrayal of Willy Loman in his struggle to cope with family crises and his own mortality. Based on Arthur Miller's prize winning play.
1985 NR 136 minutes

Saturday, March 15 The Illusionist (Edward Norton)

A gifted illusionist uses his talent to win a beautiful aristocrat away from the cruel prince to whom she is betrothed.
2006 PG 106 minutes

Tuesday, March 18 Farinelli

(Stefano Dionisi, Enrico Lo Verso)
Story of an eighteenth-century castrato and his fraught relationship with his brother. The singer eventually breaks new artistic ground and also overcomes his cruel fate. Luscious sets and beautiful music.
1994 R 110 minutes

Saturday, March 22 Double Jeopardy (Ashley Judd, Tommy Lee Jones)

Libby Parsons is arrested for the murder of her husband only to discover, while in prison, she has been framed by the "murdered" husband.
1999 R 105 minutes

Tuesday, March 25 Capote (Phillip Seymour Hoffman)

This is the story of Truman Capote, the toast of New York society, who after penning "Breakfast at Tiffany's," finds himself in a dance with the devil researching his master work "In Cold Blood".
2005 R 114 minutes

Saturday, March 29 Alexander's Ragtime Band

(Tyrone Power, Alice Faye, Don Ameche)
A stellar cast in this classic musical from 1938. Irving Berlin won an Oscar for his score.
1938 NR 109 minutes

Sew and So

Tuesday and Wednesday
10 a.m. to noon
Room 215 - Phone: 8816

Great Decisions

Mondays, Auditorium
3:30 to 5 p.m.
March 3: Energy Independence
March 10: Food and Climate

VOICE OF THE RESIDENTS

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President: Susie Fetter

Managing Editor: Marcia Reinke

Associate Editor, Layout, Notices, Business:
Bernie Anderson

*Editorial Board: Nancy Allchin, Sally
Bloomer, Nancy Boyce, Elborg Forster,
Gwen Marable, Ginny McKechnie, Carol
McCord, Jackie Mintz, Penny Partlow*

*Photography: Bob Davies, Erroll Hay,
Carolyn Murphy, Editorial Board*

*Art and Layout consultants: John Robbins,
Kitty Anderson*

*Proofreaders: Sue Baker, Ginny Cooley,
Alaine Dasheiff, Park Espenschade, Bob
Fetter, Anne Lee, Jean McGregor, Betty
Pausé, Bill Reinke, Jean Wilson*

*Circulation: Nancy Boyce, Paul Ventura
Computer Consultant: Erroll Hay*

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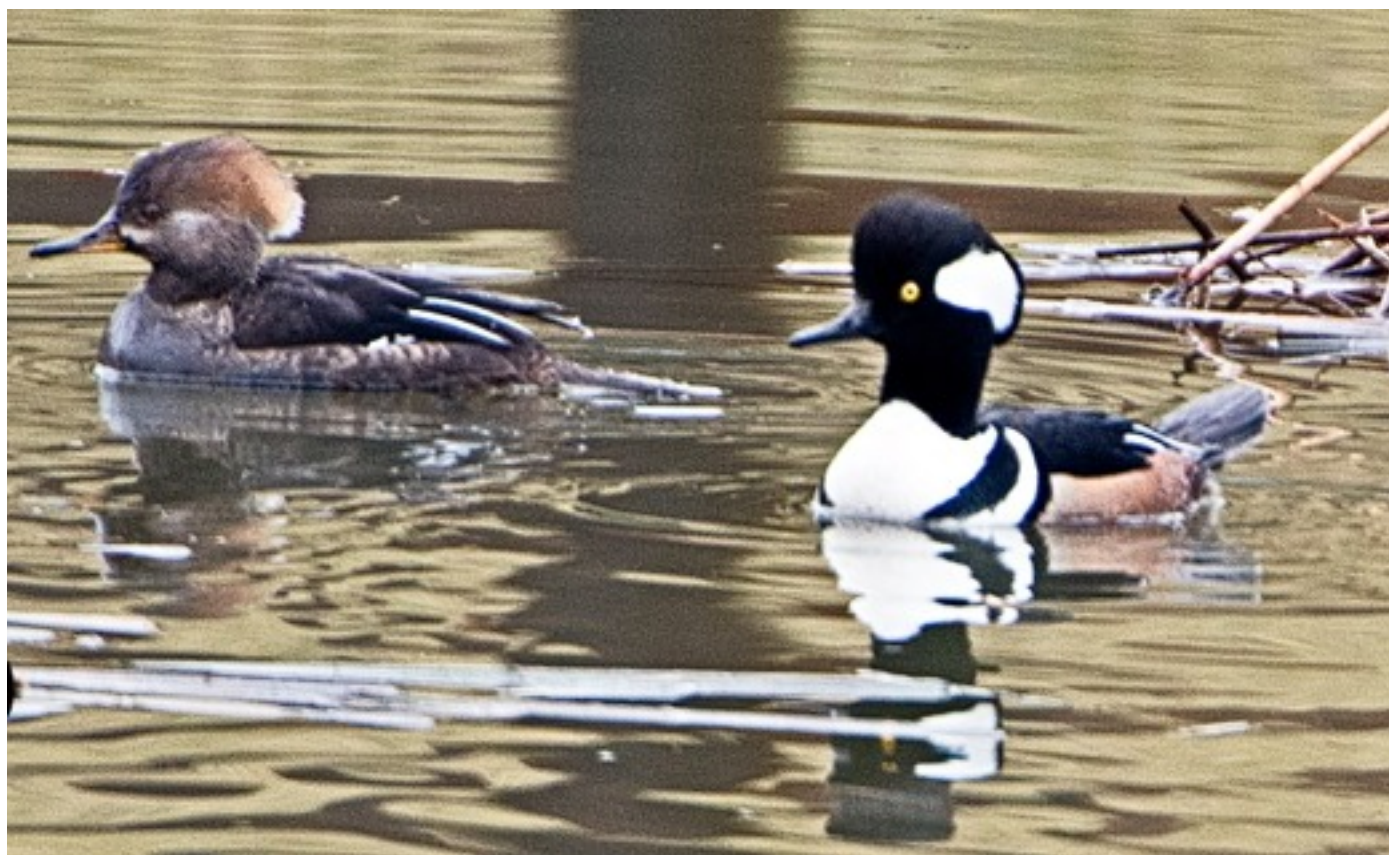
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A pair of hooded mergansers tested the waters of Lake Maybe early in February, possibly checking it out as a nesting site. Mergansers, a bird book says, are uncommon, never travel in large flocks, favor small lakes and ponds, and nest in tree holes or sometimes wood duck nest boxes. The flashy black and white is the male.

Photo by Erroll Hay